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## Health Travel Tips



# Travel Health & Medicine

When travelling long distances,, our bodies are constantly under stress . The normal operating schedule of the body is upset when we cross a number of time zones. It is therefore inevitable that some travellers will fall ill or meet with accidents while they are abroad.

The Planet Traveller offers some carefully picked tips to help you in your pre-holiday planning so that you could take the necessary precautions to ensure that your trip is a success instead of a nightmare.

### travel checklist...

#### First Aid Kit

- Antiseptic Cream / Lotion
- Paracetamol / Aspirin
- Medicated Plasters / Dressings
- Gauze
- Bandages
- Analgesic Balm or Pain Killer Rubs
- Scissors
- Safety Pins
- Clinical Thermometer
- Normal Saline
- Antacids

#### Additional Essential Items

- |  |  |
|--|--|
| <input type="checkbox"/> Antacid for indigestion             | <input type="checkbox"/> Tweezers              |
| <input type="checkbox"/> Lozenges for dry throat             | <input type="checkbox"/> Ear plugs             |
| <input type="checkbox"/> Insect repellent                    | <input type="checkbox"/> Sunscreen             |
| <input type="checkbox"/> Water purification tablets          | <input type="checkbox"/> Lip balm              |
| <input type="checkbox"/> Spare spectacles/contact lens       | <input type="checkbox"/> Contact lens solution |
| <input type="checkbox"/> Antihistamine tablets               | <input type="checkbox"/> Anti-itch cream       |
| <input type="checkbox"/> Motion sickness tablets             | <input type="checkbox"/> Calamine lotion       |
| <input type="checkbox"/> Antidiarrhoeal tablets              | <input type="checkbox"/> Athlete's foot powder |
| <input type="checkbox"/> Oral rehydration salts              | <input type="checkbox"/> Condoms               |
| <input type="checkbox"/> Vaginal thrush treatment            | <input type="checkbox"/> Contraceptive Pills   |
| <input type="checkbox"/> Sanitary pads/tampons               | <input type="checkbox"/> Mild laxative         |
| <input type="checkbox"/> Antimalarial where necessary        | <input type="checkbox"/> Sleeping pills        |
| <input type="checkbox"/> Supply of any regular medication(s) | <input type="checkbox"/> Thermometer           |



### travel bugs...

#### ALTITUDE SICKNESS

You are more likely to encounter altitude sickness when you are travelling at the height of 2500 or more. Altitude sickness arises when your body ascended too fast without allowing it to accommodate for lower oxygen levels. The usual symptoms are headache, nauseous, irregular breathing and it may also lead to a more severe condition such as difficulties in breathing, unusual behaviour, unsteadiness or even coma.

In order to avoid altitude sickness, it is best to ascend slowly, rest, take plenty of fluids, avoid alcohol, eat light meals and do not smoke.

#### DEHYDRATION

It is important to maintain an adequate fluid intake. Ensure that you always have enough water on hand.

#### EAR PAIN

Changes in air pressure during ascending and descending often disturb the pressure between the middle and outer ear. This situation is called "Ear Popping". To relieve the pressure, you are encouraged to chew, yawn, suck some sweets, swallow your saliva or just pinch your nose and breathe sharply through it. Alternatively, you can take nasal decongestants but you need to remember to take them at least half an hour before takeoff and landing.

#### JET LAG

This is due to the readjustment that your body has to make after you travelled across a time zone. (You can refer to our Planet Traveller "How To Beat Jet Lag" Travel Tips.)

#### TRAVELLERS DIARRHOEA

This is a common illness that bugs a traveller. Symptoms are usually caused by unaccustomed food and drink, change in environment, change in the normal bacteria flora in the bowels and sometimes viral infection. The general rule to preventing this illness is "Boil it, cook it, peel it or forget it".

#### MOTION SICKNESS

A person suffers from motion sickness when the brains receives too many and mixed movement signals from the eyes and the organs of balance in the ears. Symptoms include dizziness, profuse cold sweat, pallor, headache, nausea and lost of appetite.

You can prevent motion sickness by taking relevant medication like Dramamine Tablet, about 30 minutes before departure time only if you are not driving. Also try to eat lightly, avoid alcohol, look forward or at a distant stationary object throughout the trip, sleep and avoid reading, stress and smoking.